



# SAFETY SENSE



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SOUTH DAKOTA ARMY NATIONAL  
GUARD

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## In preparation for GC

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Annual Training, (Golden Coyote and Golden Rally) are rapidly approaching. Time is getting shorter for the arrival of thousands of Soldiers from across the globe that will be here in this area to participate in an FTX that has been a tradition in SD for 31 years. As soon as Golden Coyote is over, we must prepare physically and mentally for the arrival of (potentially) over one million bikers for the 75<sup>th</sup> Anniversary of the Sturgis Motorcycle Rally (Golden Rally).

Golden Coyote will mean literally hundreds of military vehicles, convoys on the roads (usually traveling substantially below the speed limit), and Soldiers from across the US and many foreign nationals. As hosts we have a responsibility to not only be patient and understanding but to also exercise greater caution whenever we encounter these guests on the road or on camp.

Getting behind a slow moving convoy can be aggravating especially if you cannot pass. Avoid

taking the risks of trying to pass and creating an additional hazard on the road. If you are on camp, at a FOB, or anywhere you come in contact with troops in formation, remember passing a formation shall be at 5 MPH. Also, the speed limit on Camp Rapid is 20 MPH, unless passing troops in formation.

At no time shall any operator of a government vehicle use an electronic device while the vehicle is in motion. That includes GSAs, ACVs, NTVs, and government rented or leased vehicles. Texting, talking, GPS or other devices create a significant distraction that must be avoided. Driving is no time for distraction. And as a reminder, if you are op-

erating any Army vehicle, you must have both a state issued and military license as well as have completed the Army Accident Avoidance Course within the past four years. The only exception is if you rent a vehicle on your Government Travel Card, a state issued license is all that is required.

Safe operations on the road are one key component to minimize accidents. Do your part: when you're driving, that's all you do, watch out for your battle buddy, your peers and subordinates, remind those around you to do their part to *remove* hazards, *reduce* accidents and *increase* operational readiness.



Golden Coyote will see an influx of several thousand Soldiers from around the nation and several other countries in the Black Hills, just in time for summer and the tourist season.

## EAFB MSF & You

### ELLSWORTH AFBS

### SAFETY OFFICE HAS

### OPENED ITS MSF

### TRAINING TO

### SDARNG

### SOLDIERS.

### SEE THE SCHEDULE

### BELOW.

While the South Dakota Safety Council is still presenting the Motorcycle Safety Foundations Basic Rider Course and Experienced Rider Course (BRC and ERC), Ellsworth AFB has updated training and they have graciously opened the door for our Soldiers to attend. Ellsworth Air Force Base has active duty, retirees and other local personnel that teach the courses offered through EAFB Safety.

Here are the big differences: 1. No fees associated, 2. Three levels of training being offered, 3. Instructors with military back ground and understanding. The three levels of training are the Basic Rider I (also known as BRC), Basic Rider Course II (formerly known as Experienced Rider

Course) and Advanced Rider Course. The ARC is a one-day course for riders with basic skills; this class provides more in-depth riding techniques and procedures than practiced in the BRC. The course consists of activities that emphasize personal risk management and self-assessment strategies, and on-cycle exercises with emphasis in cornering, braking and swerving. Many of those skills are combined into one exercise.

The schedule currently is based off of presentation of one class a week and to leave one week open to satisfy an additional class depending on the need of the personnel.

To register for the EAFB training, contact EAFB

Safety Staff at 605-385-7233. The below schedule is only for Ellsworth AFB; the South Dakota Safety Council still has the Basic Rider and Experienced Rider Courses available throughout the state. For a schedule/location of courses offered by the SDSC go to <http://www.southdakotasafetycouncil.org/motorcycle/index.cfm> and click on-line registration. The fees for the course will be paid by the Soldier and upon completion, send a copy of the receipt and the course completion card to the SDARNG Safety Office ([donald.d.gibbs2.mil@mail.mil](mailto:donald.d.gibbs2.mil@mail.mil)) and we will prompt the Safety Council to refund your course fees. If you register and fail to attend, you will not be refunded your money.

May	Jun	Jul	Aug	Sep
08 May 15(ARC)	05 Jun 15(ARC)	02 Jul 15(ARC)	13-14 Aug 15(BRC)	03 Sep 15(ARC)
14-15 May 15(BRC)	11-12 Jun 15(BRC)	09-10 Jul 15(BRC)	21 Aug 15(BRC II)	10-11 Sep 15(BRC)
20 May 15(BRC II)	19 Jun 15(BRC II)	17 Jul 15(BRC II)	28 Aug 15(ARC)	18 Sep 15(BRC II)

## In Case they didn't hear you the first 100 times, "Lift with your legs!"



At your next safety meeting, ask how many people are currently experiencing some sort of back pain or muscle ache. If your business is like most, expect to see plenty of hands in the air. According to the institute of medicine more than half of Americans live with pain. The annual value of lost productivity related to pain is around \$300 billion.

One of the most common sources of injury and discomfort is lifting. At an upcoming toolbox talk, remind your employees these tips for smarter lifting.

1. Size up your load. Make sure its balanced and stable. Test the weight by moving it with your foot. If you cannot move it, you probably need help.
2. Plan the lift. Make sure the path is clear. Look for possible traffic, trip hazards or doorways. When lifting to another level, use the elevator and not the stairs.
3. Support the load. Use a wide, balanced stance with one foot in front of the other. Make sure your footing is solid, with feet staggered, approximately shoulderwidth apart for stability.
4. Lift with the knees, not the back. As you bend the knees, keep the heels off the floor and getting as close to the load as possible.
5. Get a grip. Grip the object with palms, and make sure you maintain the hold without having to adjust the grip.
6. Keep the load close to your body to avoid arching the lower back. Tighten the stomach muscles, and keep the head and shoulders up.
7. Pivot, don't twist. Moving the feet in the direction of the lift will eliminate the need to twist at the waist.

Safety Decision is a magazine presented to you on-line simply to reduce on the job injuries and accidents. Take the time to review and use these topics in your safety meetings.

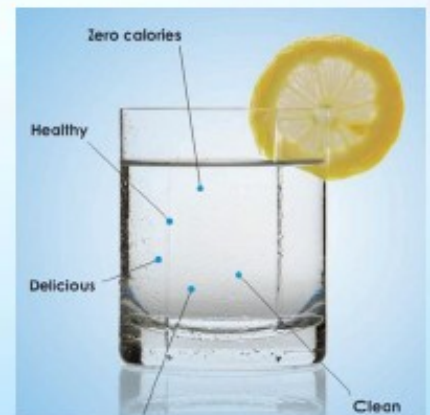
[http://www.safetydecisions-digital.com/safetydecisions/spring\\_summer\\_2015#pg1](http://www.safetydecisions-digital.com/safetydecisions/spring_summer_2015#pg1)

# Drink More Water

Drinking water is a vital step in creating and maintaining a healthier lifestyle.

## HOW?

- Add lemons or limes to your water to add flavor
- Eat water-rich foods like watermelon, tomato, cucumber, etc.
- Drink with a straw for bigger gulps
- Add ice cubes to improve the taste of water



## WHY?

- Helps to maintain healthy weight
- Increases energy level
- Moisturizes skin
- Hydrates body
- Detoxifies body
- Supports immune system